

Lundi , 07.10

09:00 - 09:55 Herzgruppe Andrea	09:15 - 10:10 Pilates Cynthia	10:30 - 11:25 Physio Fit Team	10:30 - 11:25 Herzgruppe Andrea	12:15 - 13:00 BBP (Bauch, Beine, Po) / Bodytone Petra	18:00 - 18:55 Functional Workout Fabienne	18:00 - 18:55 Yoga Regine	19:00 - 19:55 Herzgruppe Fabienne
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Mardi , 08.10

08:00 - 08:55 Herzgruppe Andrea	09:00 - 09:55 Herzgruppe Andrea	10:30 - 11:25 Herzgruppe Andrea	12:15 - 13:00 Cycling Roberto	14:00 - 14:55 Herzgruppe Andrea	18:00 - 18:55 Cycling Petra	19:15 - 20:10 Pilates Isabelle
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Mercredi , 09.10

09:10 - 10:05 Yoga Laura	12:15 - 13:00 Pump Bärbel	18:00 - 18:55 Functional Workout Raphael	19:00 - 19:55 Functional Workout Raphael
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Jeudi , 10.10

08:00 - 08:55 Herzgruppe Andrea	09:00 - 09:55 Herzgruppe Andrea	10:30 - 11:25 Herzgruppe Andrea	14:00 - 14:55 Herzgruppe Andrea
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Vendredi , 11.10

10:00 - 10:45 Fit Gym Petra	12:15 - 13:00 Pump Nicolle	18:00 - 18:55 Functional Workout Tamina
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Samedi , 12.10

10:00 - 10:55 Functional Workout Fabienne	10:45 - 11:40 Yoga Bettina
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Dimanche , 13.10

09:30 - 10:25 Cycling Petra	10:45 - 11:40 Pump Jacqueline
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